



File Code: 5100/6180

Date:

Dear Employee's Name)

As a USDA Forest Service employee or prospective employee who may be or is currently assigned wildland fire duties, you are required to fill out the Health Screening Questionnaire (HSQ) prior to conditioning for or taking the Work Capacity Test (WCT) at any level. The HSQ must be returned to your local Servicing Human Resource Office. Upon review, you will be notified to either engage in physical activity related to the WCT or to seek further medical review. You may be offered a physical examinations paid for by the Forest Service. To participate in assigned fire duties, you must pass the WCT at the level indicated below in order to ensure that you are physically fit to perform them. [If you do not pass the test, your employment may be terminated effective the following day. \[Applies to temporary employees only.\]](#) Employees taking the WCT are expected to make themselves available for fire assignments.

\_\_\_\_\_ **Arduous level** - requires the individual to complete a 3-mile walk/hike within 45 minutes while carrying a 45-pound pack;

\_\_\_\_\_ **Moderate level** - requires the individual to complete a 2-mile walk/hike within 30 minutes while carrying a 25-pound pack; or

\_\_\_\_\_ **Light level** - requires the individual to complete a 1 mile walk within 16 minutes.

The following material is enclosed and must be reviewed by a licensed physician:

- Physician letter
- Certificate of Medical Examination (Standard Form 78)
- "The Pack Test" information sheet
- Health Survey Questionnaire

Upon completion of examination, you are responsible for returning completed documents in the enclosed envelope to \_\_\_\_\_ at \_\_\_\_\_. You have the choice of having this material completed by your own physician or qualified medical provider or by \_\_\_\_\_, an Agency-designated physician or qualified medical provider. For either choice, the Forest Service will pay for the reasonable and customary costs of this physical examination. Please contact \_\_\_\_\_ at \_\_\_\_\_ if you have questions or concerns about any of the above.

Sincerely,

NAME & Title  
Enclosures

